

Boosting Calories---It's As Easy As 1 2 3



Sometimes young children do not eat or grow as we hope they will. They need extra help to get calories and nutrients they need. Here are some tips to boost them up the ladder of good health.

1. Serve three meals plus planned snacks every day.



Choose foods from all groups in the Food Guide Pyramid: Breads and Grains, Fruits, Vegetables, Meat and Protein, and Milk.

2. Make meals tasty and fun for the child. Serve "finger foods" that are easy to handle. Keep servings small and offer seconds. A good rule is to serve 1 tablespoon of solid foods for each year of age. Don't fuss or scold the child if everything is not eaten.



3. Add "extras" to foods. Try butter on vegetables, milk in soups or baked items, sour cream on potatoes, and ice cream and fruit added to milkshakes and drinks.



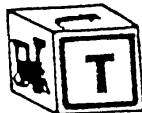
4. Try new ways of preparing foods. Some children will eat foods raw but not cooked, or hot but not cold. Allow your child to help fix new foods and plan when to serve them.



5. Sweet snacks are low in nutrients and "fill up" a child too quickly. Avoid large amounts of cookies, candy, cake, pop, and Kool-Aid.



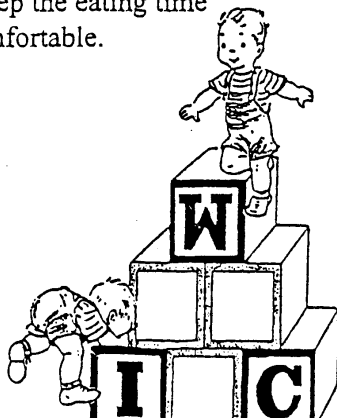
6. Plan for a "quiet time" a few minutes before eating. This allows your child to slow down. Keep the eating time relaxed and comfortable.



Boosting Your Child's Diet

Here are calorie boosting ideas to increase your child's diet:

1. Add evaporated milk in place of whole milk in baked goods, cooked cereals, and creamed soups.
2. Use powdered nonfat dry milk to make "super-milk" by adding 1/4 cup powdered milk to 1 cup whole milk. (Nonfat dry milk is not recommended for children under two years of age.) Refrigerate before drinking. You can also add:
 - ✓ 1/4 cup powdered milk to cereal such as oatmeal or cream of wheat.
 - ✓ 2 tablespoons powdered milk to 1/2 cup mashed potatoes.
 - ✓ 1/2 cup powdered milk to a pound of ground meat.
 - ✓ 1/4 cup powdered milk to milkshakes or yogurt.
3. Use oils, margarine, or mayonnaise often. Add to sandwiches, puddings, soups, casseroles, vegetables, and salads.
4. Add dry infant cereals to yogurt, potatoes, beverages, meatloaf, and homemade teething biscuit recipes.
5. Add cooked egg to mashed potatoes, casseroles, salads, sandwich spreads, meatloaf, cooked cereals, and macaroni and cheese. Avoid using raw egg in uncooked foods.
6. Use cheese cubed as a snack or melted over meat, potatoes, toast, or casseroles. Grate it into eggs, pasta, rice, soups, and hot cereals.



Sample Menu (for a 2-3 year old)

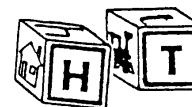
Breakfast---

½ cup whole milk
½ cup orange juice
½ cup dry cereal



Snack---

½ cup apple juice
cheese cubes

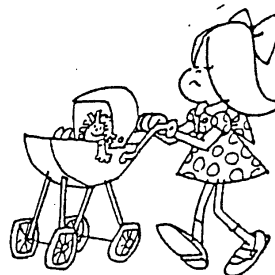


Lunch---

½ cup whole milk
½ cup ham and split pea soup
1 slice bread with margarine or butter
Apple slices with peanut butter

Snack---

½ cup milkshake with whole milk, ice cream, and fruit
3-4 crackers



Dinner---

½ cup whole milk
2 ounce hamburger patty
1/3 cup buttered noodles
1/4 cup broccoli with cheese sauce
½ cup lettuce salad with dressing

Try these recipes for an extra health boost!

Sunshine Shake

3 ripe bananas
½ cup orange juice
1 cup ice cream

1 ½ cups dry milk
2 ½ cups water
½ teaspoon vanilla



Mash bananas well. Slowly add other ingredients and mix thoroughly (use beater or blender if available). Chill and serve. Serves 6.



Super Start Breakfast

1 cup water
¾ cup uncooked oatmeal

½ cup whole milk
¾ cup WIC flake cereal

Bring water to boil. Add oatmeal and cereal. Turn heat down, cover, and cook 5-10 minutes. If desired, top with chopped fruits, apple sauce, yogurt, ice cream, pudding or nuts.



Cereal Balls

1 cup crushed WIC flake cereal
1 tablespoon peanut butter

1 tablespoon honey
Milk as needed

After crushing cereal, pour in mixing bowl, add honey and peanut butter. Blend well. Add as much milk as necessary so mixture can be rolled into balls. Refrigerate in a covered container.